Polski Lek®

Omegamed Optima Forte

Soft capsules + hard capsules
Dietary supplement.
Product for pregnant women and breastfeeding women.

Omegamed® Optima Forte is a preparation designed specially for pregnant women. The optimal content was prepared with the participation of specialists and ensures a daily portion of ingredients which are important for the development of the brain and eyes in foetuses and breastfed infants..*

Omegamed® Optima contains 5 ingredients recommended for pregnant women:

1. *DHA from algae (Life's DHA®)*
2. *Complex source of folates ActiFolin®: folic acid (400 µg) + active form of folic acid (400 µg)*
3. *Vitamin D: 2000 i.u.*
4. *Iodine: 200 µg*
5. *Iron: 30 mg*

Omegamed® Optima Forte doesn't contain fish oil thanks to which the product is well-tolerated and doesn't intensify nausea.

**Health claim: „Consuming of docosahexaenoic acid (DHA) by mother supports proper development of brain and eyes in foetus and breastfed infants". Beneficial effect appears in case of consuming 200 mg of DHA daily over consuming of omega-3 fatty acids for adults, i.e. 250 mg of DHA and eicosapentaenoic acid (EPA).*

Varied diet and healthy lifestyle are important to stay healthy.

Content:

DHA capsule: capsule content: oil from microalgae Schizochytrium sp. containing DHA (docosahexaenoic acid) [algal oil; high oleic sunflower oil; antioxidants: tocopherol-rich extract, fatty acid esters of ascorbic acid]. Capsule shell: gelatin; humectant: glycerol; colour: iron oxides and hydroxides.

Optima tablet: capsule content: iron [iron (III) diphosphate (iron (III) pyrophosphate); maltodextrin; emulsifier: lecithins]; cholecalciferol (vitamin D); anti-caking agent: magnesium salts of fatty acids; glucosamine salt of (6S)-5-methyltetrahydrofolate (folic acid-active form); pteroylmonoglutamic acid (folic acid); potassium iodine (iodine). Capsule shell: gelatin, colour: titanium dioxide.

Active ingredient	Optima capsule	DHA capsule
	Recommended daily intake – 1 capsule	Recommended daily intake – 3 capsules
DHA	-	600 mg
Iron	30 mg (214 NRV*, 111 RDA**)	

Actifolin® *- folic acid (pteroylmonoglutamic acid)* *- folic acid active form*	*400 µg (200% NRV*, 100% RDA**)* *400 µg (200% NRV*, 100% RDA**)*	
Iodine	*200 µg (133% NRV*, 100% RDA**)*	
Vitamin D	*50 µg (2000 i.u. 1000% NRV*, 100% RDA**)*	

**NRV - Nutrient Recommended Values for pregnant women according to Recommendation of Polish Gynecological Association Ginekol.Pol. 2014, 85, 395-399.*
***RDA Recommended Daily Allowance defined in experts' opinion Dębski R., Paszkowski T., Wielgoś M. Stosowanie złożonych źródeł folianów w profilaktyce wad cewy nerwowej. Standardy Medyczne profilaktyka zdrowotna Nr 1. Tom 1.*

How to use:

Use: Swallow tablet with small amount of water.

Recommended daily intake:
3 DHA capsules and 1 optima tablet
Do not exceed the recommended daily intake of the product.
Dietary supplement should not be used as a substitute of a varied diet.
Do not use if there is allergy to any of the ingredients

Packing:

- Net weight: 72,6 g (90 DHA capsules; 30 optima tablets)